



# June-July - Hawthorn S.D. 73 Breakfast Menu

## Arbor A+ Nutrition Mission

### To serve students daily:

- ✓ A wide variety of fresh, nutrient rich foods
- ✓ Fresh fruits and vegetables, locally sourced as seasonally available
- ✓ Cage free poultry with no added hormones or steroids
- ✓ Fresh whole and multigrain bread, buns and baked goods
- ✓ No-fat or 1% milk free from any growth hormones from local, sustainable farms

*-Arbor Management-*

### Make Choices for a Healthy Lifestyle!



For more information or to "Ask the Dietitian", check out our website!

**Please note:** Due to national supply chain disruptions and shortages, we may have to make changes to our menus with little or no notice. Please know that we are doing our best to serve meals as planned. Substitution of menu items will be communicated. We apologize in advance and thank you for understanding! This institution is an equal opportunity employer.

Monday	Tuesday	Wednesday	Thursday	Friday
	6/21	6/22	6/23	6/24
	Super Donut- <b>38g</b> Choice of Fruit 100% Juice 1% or Skim Milk	Honey Scooters Cereal Bowl- <b>22g</b> Choice of Fruit 100% Juice 1% or Skim Milk	Cinnamon Pop-Tart- <b>38g</b> Bear Graham- <b>20g</b> Choice of Fruit 100% Juice 1% or Skim Milk	
6/27	6/28	6/29	6/30	7/1
Cocoa Puffs Cereal Bar - <b>30g</b> Bear Graham- <b>20g</b> Choice of Fruit 100% Juice 1% or Skim Milk	Apple Oatmeal Bar- <b>48g</b> Choice of Fruit 100% Juice 1% or Skim Milk	Banana Chocolate Chunk Bar- <b>48g</b> Choice of Fruit 100% Juice 1% or Skim Milk	Cinnamon Toasters Cereal Bowl- <b>22g</b> Choice of Fruit 100% Juice 1% or Skim Milk	
7/4	7/5	7/6	7/7	7/8
	Super Donut- <b>38g</b> Choice of Fruit 100% Juice 1% or Skim Milk	Honey Scooters Cereal Bowl- <b>22g</b> Choice of Fruit 100% Juice 1% or Skim Milk	Cinnamon Pop-Tart- <b>38g</b> Bear Graham- <b>20g</b> Choice of Fruit 100% Juice 1% or Skim Milk	
7/11	7/12	7/13	7/14	
Cocoa Puffs Cereal Bar - <b>30g</b> Bear Graham- <b>20g</b> Choice of Fruit 100% Juice 1% or Skim Milk	Apple Oatmeal Bar- <b>48g</b> Choice of Fruit 100% Juice 1% or Skim Milk	Banana Chocolate Chunk Bar- <b>48g</b> Choice of Fruit 100% Juice 1% or Skim Milk	Cinnamon Toasters Cereal Bowl- <b>22g</b> Choice of Fruit 100% Juice 1% or Skim Milk	

**Milk**  
Plain 1%-13g  
Plain Skim-13g  
**Fruit & Juice Carb Counts on Separate Document**

Items in **RED** are the carbohydrate counts. Neither Hawthorn School District 73 nor Arbor Management, Inc., shall be liable to any person for any physical injury or other adverse consequences which may arise as an alleged result of any inaccuracy in the estimate of carbohydrates. Manufacturer labels are the source of the information on menus.  
Thank you.

